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Man To Man

Dealing With Frustration

Colossians 3:13-14

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Divine Thinking, Produces Godly Actions



Ephesians 3:12-13

Dealing With Frustration

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Paul's advice on sins to avoid by listing positive traits Christians should strive to emulate. Among these are compassion, humility, patience, and forgiveness. More important than any other is love, which not only inspires the other traits, but which binds Christians together as a single family, under Christ.

Paul then opens the idea of following Christ to include every aspect of our lives: whatever we think or do, as believers, ought to be compatible with the example of our Lord Jesus Christ.

Let's talk about Annoyance, Dissatisfaction, and Tolerance?

Dealing With Frustration



Frustration is a natural, though sometimes unwanted or irrational, emotion that everybody experiences from time to time. Experts describe frustration as the emotion of natural feelings which has evolved as a way of surviving and protecting yourself from what is considered a disappointment.

Frustration doesn't look the same in everyone as we all express it differently. For some people, screaming might be an outlet for their feelings while others might express it by using physical gestures. Frustration is a normal human emotion, but it's important to find healthy ways to express it .

What are a few things that get you frustrated?

Do You Know Why You Are Frustrated?

*Viewing Life...From
God's
Perspective*



Frustration is an incredibly powerful emotion. It is an indication that something is wrong. It will reveal our subconscious thoughts. It's an outward sign of inner tension. Irritation is a release of bottled-up emotion. It means that a person can no longer hold onto their feelings, and they burst out in a number of ways.

Everyone gets frustrated, some show it more than others. Your emotions must be released at some point, and having an outburst or getting difficult about the little things is a sure sign you are bottling up much more important emotions.

What does controlling your frustration look like?



Be Aware Of Your Emotions



TOOLS
for managing
emotions

Frustration and anger are two different emotions that can be difficult to distinguish. Frustration is a slow and steady response, while anger is quick and aggressive. Frustration is a quiet emotion that builds on the inside that can shown on the outside, while anger is a more explosive emotion that will be expressed verbally or physically.

Frustration is a state of being dissatisfied with a given circumstance, while anger is typically prompted by external reasons such as injustice, humiliation, or dissatisfactions. They both can lead to anger.

. How to you deal with your frustrations?

Learning To Control Your Frustration

Unspoken language is a mixture of gestures, body language, expressions all used to convey a message to someone. This mixture of gesture is used usually to tell someone whether we agree with them or not. Frustration is made up of so much more than words.

Eye Contact; *Using good eye contact shows we are interested in what is being said shows we are listening and paying attention and shows respect for the conversation.*

Body Language; *The unspoken part of communication that we use to reveal our true feelings and to give our message more impact. Remove your emotion and stick to the issue.*

Tone of Voice; *No one likes to be hollered at. The tone of voice will shine negatively or positively when communicating. It's very important to use voice control to help emphasize your point.*

Facial Expression; *Our expressions can display personal emotions and indicate an individual's intentions within a social situation.*

How does frustration affect other areas of your life?



Easy As 1...2...3

I Can and I Will

Check Myself, Stay Focused, Move Forward

1. Check Myself: *It takes a conscious effort to look at our behavior. The more self-aware we are the more we will become accountable for the things we do. Get out of your own head and concentrate on the conversation you are participating in.*

2. Stay Focused: *Pay attention to what's being said, not how it makes you feel. Always keep the main thing the main thing. Never allow the conversation to drift off course.*

3. Move Forward: *To move forward we must love others as we love ourselves, to seek to hear others as we want to be heard and understand as we want to be understood.*

What is your point of application?

Conclusion

Dealing With Frustration

Pause before reacting. When you feel yourself getting mad, take a moment to notice what you're thinking, then take a few deep breaths or count to ten in your head.

By giving yourself even just a few seconds before reacting, you can put some emotional distance between you and whatever is upsetting you and you might even realize that you're actually tense because of something else.

The more we control our frustration, the better we will feel emotionally about what going on and dealing with our inner emotions will improve!

Colossians 3:12; Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience